

Costa Rican Retreat  
March 4-10, 2023

## Your Story...

... begins right here, right now - with this life-changing gift to yourself. This retreat evolved after my spontaneous Costa Rican pilgrimage not too long ago. It changed my life! It will change yours too!

On my return from this unexpected Costa Rican adventure, I heard your calls to carve out a pathway, so you could follow in my footsteps to experience a similar opportunity to uncover your own unexpected moments of truth and to create memories unimagined.

And as I did, so you will...

I am honored to partner with my dear friend and yoga mentor, Carmen Chicola of Brassy Buddha, as we extend this heartfelt invitation to experience "Your Journey...My Journey" yoga-adventure retreat in Nosara, Costa Rica with us.

And, in these particularly precarious times, as you move mountains to carve out this time for some much-needed self-care, just take it one step at a time... The first step is to honor yourself by saying "yes". And when you do, know one thing - a world of possibility awaits you!

Prepare to take your own brave and liberating steps into the unknown, where, just like me, you will leave your footprints in the soft sands of Nosara, making space to truly live an experience that is as beautiful and as unique as every breathtaking Nosaran sunset...

We look forward to our journey....

